



Nordic Winter Term/High School Program

Ages 14-19 - J2, J1, OJ

High School skiing is an important part of most skier's development, and again this year MBSEF strives to better support student athletes.

The High School Winter Term Program is specifically designed to bring motivated skiers together to supplement their high school program, to train with other highly motivated skiers, and accelerate their development. The program has flexibility of schedule and a training plan which allows skiers to maximize their progress in the sport while competing as part of their high school team.

J2 skiers preparing for Junior Olympic Qualifiers who are still in Middle School are eligible for this program.

This program focuses on a systematic improvement of all techniques, developing a well-rounded education of the sport, developing an understanding of training planning and training principles, developing an understanding and learning to practice proper equipment care, and coordination of training with the skier's other sports activities.

Program Dates: November 15 Through March - (visit mbsef.org nordic home page for training calendar)

November 15 Through March

Tue/Thu/Fri On-Snow 3:30pm

Wed On Snow 2:00 pm

November 15 - March

Sat/Sun

On-Snow 9:45am

Again This Year: Flexibility of Schedule: Skiers can choose a 1, 2, 3, or 4 day/week program. You may choose a 2-day program, and go Tuesday/Thursday one week, and Wednesday/Saturday the next week, etc. Skiers can choose the days of the week that best compliment their other activities. Thanksgiving and Christmas Break days are included with number of days chosen (9:45am on-snow).

New This Year: All training will take place at 3:00pm on school days so students do not need to arrange open blocks. **STAY IN SCHOOL!**

Competition/Travel: Race opportunities throughout the season will be available at the skiers option. Racing beyond the skiers team schedule is not required. MBSEF will offer skiers the opportunity to compete in PNSA Junior Olympic Qualifiers TBD. Other races around Oregon and Washington may be available. Fees for these events will be set closer to the events. All out of town trips are supervised by the coaching staff.

Trail Passes: All participants will be responsible for their own passes. Purchase passes early through mtbachelor.com. Depending on weather and snow conditions, some training will take place at Meissner.

Equipment: Skiers need their own equipment for all programs. Equipment can be obtained at many locations including the Skyliners Winter Sports Swap in October; Sunnyside Sports; Webcyclery; and Mt. Bachelor. MBSEF occasionally has a limited supply of used equipment for loan.

Transportation: MBSEF van transportation for the season can be provided for a fee, which is outlined on our Transportation Form. Most High School Winter Term skiers can be picked up by the MBSEF van from their high schools on week days or skiers can choose to meet the team at MBSEF.

Lockers: High School Winter Term skiers choosing transportation will have equipment lockers available.

For 2011-2012 registration forms visit
www.mbsef.org